General Guidelines To Ride a Motorcycle Safely

BE VISIBLE:
- Remember motorists often have trouble seeing motorcycles and reacting in time.
- Make sure your headlights work and are on day and night.
- Be aware of the blind spots cars and trucks have.
- Flash your brake light when you are slowing down and before stopping.
- If a motorist doesn't see you, don't be afraid to use your horn.

DRESS FOR SAFETY:
- Wear bright clothing and a light colored helmet.
- Wear leather or other thick, protective clothing.
- Choose long sleeves and pants, over-the-ankle boots, and gloves
- Remember-the only thing between you and the road is your protective gear.

APPLY EFFECTIVE MENTAL STRATEGIES:
- Constantly search the road for changing conditions.
- Give yourself space and time to respond to other motorists' actions.
- Use lane positioning to be seen; ride in the part of a lane where you are most visible.
- Watch for turning vehicles.
- Signal your next move in advance.
- Avoid weaving between lanes.
- Know and follow the rules of the road.
- Stick to the speed limit

KNOW YOUR BIKE AND HOW TO USE IT
- Get formal (Motorcycle Safety Foundation) training and take refresher courses.
- Practice. Develop your riding techniques before going into heavy traffic.
- Know how to handle your bike in conditions such as wet or sandy roads, high winds, and uneven surfaces.